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The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

The ultimate anti-aging potion rejuvenates your cells to keep you young for years to come

—by Michele Cagan

It's an honest to goodness anti-aging potion. You won't *just* look and feel younger.

Your very cells will actually be younger, your blood will be revitalized, and your body clock will be reset to "youthful."

Those are some pretty bold claims, and they absolutely set off the "snake oil" alarms...

But this herbal formula really works to rejuvenate you, from your cells on up.

Take this anti-aging potion, and you will be younger.

One formula holds three keys to unlock timeless youth

The secret to rejuvenating your blood cells and resetting your cells back to "young" lies in an age-defying formula created and perfected by world-renowned Chinese herbalist, Dr. Dexin Yan.

His restorative formula directly reconditions your aging blood cells, and returns weak circulation to vital levels normally seen only in the very young.

That blood revitalizing effect is the first key to timeless youth—and until recently, it was believed to be the only one.

But now we know that Dr. Yan's anti-aging formula, Vital Cell, holds two more keys crucial for turning back your body's cellular clock:

Vital Cell erases a compound called lipofuscin, a prime hallmark of aging. And the formula also holds the key to extending cell life by way of re-lengthened telomeres. (More on both of these remarkable reversals coming up.)

With these three keys—rejuvenated blood and circulation, disappearing lipofuscin, and longer stronger telomeres—Vital Cell gives you the power to unlock timeless youth.

You can't feel or look young with old blood

In traditional Chinese medicine, many debilitating health conditions, especially those that cause pain, are brought on by "blood stagnation."

That set Dr. Yan thinking: So many health problems he saw in older patients could be caused by poor circulation and blood disorders. So he formed a team to figure it out... and they did.

When the team examined blood samples from both young and old volunteers, the difference was startling. Young adults had much thinner, brighter red blood than older adults. And Dr. Yan realized that the answer to his patients' woes would be to rejuvenate their old blood to restore youthful health and vitality.

And after almost a decade of col-

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Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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Look, feel, and be younger

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lecting clinical data, Dr. Yan and his team created the blood revitalizing formula called Vital Cell. And that's when things really got interesting.

After seeing the impact on Vital Cell on thousands of patients, Dr. Yan began to see just how powerful his formula really was... and how it impacts even more than blood:

- Increases fresh new blood cell production
- Helps your body get rid of old, damaged blood cells faster
- Restores vital blood flow to your extremities (like hands and feet)
- Strengthens your blood vessels, including tiny microvessels
- Increases crucial plasma protein levels for optimal health
- Boosts an enzyme called telomerase which resets telomere length
- Removes lipofuscin before it can add damage

That's a lot of anti-aging power packed into a single formula. And it all starts with turning old blood young again.

When your blood cells get old, all kinds of damage sets in

When your red blood cells are working at full capacity, they absorb oxygen from your lungs and nutrients from your food and deliver them to the tissues throughout your body by way of your blood vessels, especially the web of tiny microcapillaries.

But there's a catch: Red blood cells are about 25 percent larger than your body's smallest blood vessels. When your red blood cells are young and healthy, their outer membranes are extremely flexible, and they fold over so they can fit into even the tiniest microcapillaries.

As your blood cells get closer to the end of their (approximately four-month) lifespan, that outer membrane stiffens, making it harder for them to fold and causing damage as they're forced to squeeze into tiny microcapillaries. Now those red blood cells can't move quickly into your lungs, or squeeze into the smallest capil-

laries to deliver oxygen—so they're sent to your spleen to be destroyed.

And here's where time takes a real toll. As we age, that red blood cell life cycle slows down. New blood cell production drops off, old blood cells linger longer. So the proportion of old and new cells changes, for the worse. And those old cells are sticky, making it very easy for them to clump together and stack up (creating what's known as Rouleaux formations), creating a blood flow traffic jam.

Nutrient and oxygen delivery slows down dramatically. Cell waste removal slows down, too. And those old, jagged red blood cells start to damage your fragile microcapillaries, impacting circulation in a big bad way.

Focusing on the big picture misses a lot of the problem

Strong circulation is crucial for survival... and for youthful vitality... but it can slow to a dangerous crawl as we get older.

Conventional medicine focuses straight on the big-ticket items, high blood pressure and atherosclerosis (hardened arteries), and throws prescription drugs and costly surgeries at the problem. But they are missing the mark, which is why you aren't really getting better.

The real issues are small, microscopic even. It's the smallest components of the system that really handle that crucial exchange of fresh oxygen and nutrients, the microcapillaries that work the front lines, and take the biggest beating when things start to slide.

When your blood doesn't flow freely through the web of microcapillaries, your whole body is at risk for severe health problems, even ones that don't seem like they're at all related to your circulation. And there's a lot that can go wrong in that complex and delicate system.

- Plaques clog and stiffen your blood vessels, restricting blood flow

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Reverse cognitive decline and restore your brainpower with tomorrow's answer to Alzheimer's disease

by Michele Cagan

If someone you love has been diagnosed with Alzheimer's disease, don't give up hope, and keep reading.

Research has just begun to uncover the profound positive impact this therapy can have on brain function, even with existing cognitive decline.

In fact, the latest study—and the first human clinical trial—is so new that the results have only just been compiled, and aren't ready to be published. But my inside source did share some unbelievably promising preliminary data (I'm not allowed to reveal the details... yet), and I knew I had to tell you about this right now, today.

Because when brain function is deteriorating, you can't afford to wait. You need to stop that decline, and begin to reverse the damage immediately.

Your brain needs more than a memory boost to fight Alzheimer's disease

Pharmaceuticals and mainstream studies focus a lot on memory recall as the main issue in Alzheimer's disease, probably because it's the only small piece they can claim even the slightest (but fleeting) success at restoring. (Remember those old studies where patients could name five fruits instead of four?)

But memory recall is just one piece of cognition—and not even always the most important part. Think about all the other things you rely on your brain to do:

- Create long and short term memories
- Make decisions
- Solve problems
- Use and understand language
- Direct motor function
- Control emotional memories—especially fear memories, which greatly impact many dementia and Alzheimer's patients
- Concentration and focus

That's why memory-boosting formulas aren't good enough. To protect, preserve, and restore total brainpower, you need a solution that addresses the whole of cognition...

A solution like Brain Awakening, a formula that holds promise for patients already suffering from cognitive decline—even from Alzheimer's disease—and for people who want to make sure that never happens to them.

And the key ingredient in Brain Awakening seems to truly be the miracle cure that everyone is searching for.

Breaking news: Confidential study results may lead to a cure for Alzheimer's disease

I wish I could share detailed study results with you, but they've only just been compiled, and are not yet approved for public release... and I promised my source strict confidentiality.

But what I can tell you is this: the results of this double-blind placebo controlled human trial clearly demonstrated that Magtein™ (a brand new proprietary form of magnesium and the central ingredient in Brain Awakening) can “significantly enhance human cognitive functions and decrease symptoms of cognitive impairment.”

This yet to be released information comes on the tails of three compelling animal studies, each more convincing than the last. Here's what we already know Magtein can do by increasing magnesium levels in the brain, even if cognitive function is already impaired:

- Restore function in dying brain cells
- Increase neural plasticity (your brain's ability to reorganize itself when it absorbs new information and creates new pathways between brain cells)
- Enhance memory and learning

- Protects brain cells
- Control stress, anxiety, and fear memories and processing

And you can't get those profound results with ordinary, off-the-shelf magnesium.

A new—better—form of what your brain desperately needs, but isn't getting enough of

Your brain can't live without magnesium. In fact, it's the most important mineral in your body.

Unfortunately, as we get older, our magnesium levels decline. First, we don't get enough magnesium through diet. And what we do take in doesn't get absorbed as well as it used to. Worse, a lot of medications impede our already lower absorption rate... and that results in a lot of older Americans having dangerously low blood magnesium levels.¹

And to make things even more difficult, it's very hard for most forms of dietary magnesium to make it through the blood brain barrier.

This is another area where Magtein shines: it's the only form of magnesium (known as magnesium threonate) proven to readily cross the blood brain barrier. And tests show that Magtein increased magnesium levels in lab rats' brains by 15%... in just 24 days.²

That's crucially important, here, because low magnesium levels have been clearly and definitively linked with Alzheimer's disease.^{3,4} And, now, studies show that Magtein helps restore cognitive function even in mice models with *advanced stage Alzheimer's disease*.

Reversing the impact of Alzheimer's disease... even in advanced stages

It's something no existing pharmaceutical could even hope to do.

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Your blood pressure medication might be killing you... but this herbal solution can save your life

by Michele Cagan

Once you hit a certain age, it's practically impossible to leave the doctor's office without a prescription for at least one blood pressure medication.

In fact, if you are seeing a mainstream doctor for high blood pressure, he probably has you on multiple drugs—most likely a diuretic plus an ACE inhibitor or a beta blocker, if not both. Unfortunately, no matter how many prescription drugs are in the mix, many patients with hypertension still struggle with dangerously high blood pressure...

And that's far from the biggest danger you face.

Your blood pressure drugs may very well be killing you.

But this safe, soothing herbal blood pressure remedy could save your life.

"Thank you for helping me stay alive"

Seven years ago, HSI member Will Raynor underwent open-heart surgery and valve replacement. It was a grueling operation, followed a long, difficult recovery.

After the surgery, his doctor prescribed many different medications to lower his soaring blood pressure—which was holding steady at a very dangerous 225/200.

No drug—or combination of drugs—helped get that hazardous high blood pressure under control, even after years of therapy. His doctor put him on ACE inhibitors, beta blockers, calcium channel blockers, but nothing worked.

Until Will got his November 2012 HSI *Members Alert* and learned about the product that would help save his life.

After just weeks of using this safe, herbal remedy, Will's blood pressure decreased dramatically and finally stabilized at 160/70—still on the high side, but so much healthier than it had been...

And lower than it ever got with all of his prescription drugs.

"I'm still using this product," Will told me. "It's the only thing that worked for me. And there were no side effects like I was getting with the drugs."

"Thank you for helping me stay alive."

The high blood pressure prescription epidemic

High blood pressure drugs get prescribed more than any other kind of medicine: more than pain medications, more than antidepressants, even more than statins.

In 2010 (the most recent year reported), Americans filled more than 678 million prescriptions for high blood pressure pills... and almost 98 million of those were for calcium channel blockers (more on why that's so terrible in just a moment).

That translates to more than 58 million people taking high blood pressure drugs, for a total cost of approximately...

\$20.4 billion.

And here's the worst part.

Blood pressure-lowering drugs can be hazardous to your health.

Your blood pressure meds could be killing you

It's appalling.

Despite all the evidence demonstrating the potentially deadly dangers of prescription blood pressure medications, doctors continue to prescribe these dangerous chemicals by the millions—even though there are highly effective, safe natural choices available.

We've known for years that these drugs (beta blockers, calcium channel blockers, ace inhibitors, and the rest) come with very damaging side effects. And everything new we learn proves that they're even worse than we thought...

- Long-term use of calcium channel blockers in older women increases their risk of breast cancer by 250%¹
- Older adults just starting to take high blood pressure medication increase their risk of hip fracture by 43%²
- A Japanese study found that taking multiple high blood pressure drugs (which most patients do) more than quadruples the risk of adverse events compared to taking a single drug (they didn't even look at people taking no blood pressure medication)³

These new studies underscore just how dangerous these drugs are—on top of all the horrific side effects listed in their prescribing information—and why it's so crucial to find safe effective ways to control your blood pressure.

You won't believe how you can lower your blood pressure in just 30 days

In just 30 days—and maybe even sooner—you will see and feel a substantial difference, one that can easily be measured with a blood pressure cuff.

Your numbers will stabilize, your blood vessels can relax, and worries about too-high blood pressure (and its deadly consequences like stroke and heart attack) will disappear, along with feelings of stress and anxiety.

Plus, symptoms you may not have realized (like blurry vision and headaches) came from your high blood pressure will fade away.

Best of all, this simple, safe herbal tea (yes, tea!) will help keep you safe from the dire impact of chronic high blood pressure... without introducing deadly or damaging side effects like pharmaceuticals can.

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Reverse cognitive decline even in advanced stage Alzheimer's disease. But early studies indicate that Magtein can do it: restore memory, learning ability, and other cognitive function in lab animals with Alzheimer's disease. And that's not all it's been shown to do.

The first promising results came in 2010, when a team of scientists found that by increasing brain levels of magnesium with Magtein, both young and old lab rats displayed better learning capability and memory.² In fact, three kinds of memory were improved: working, long-term and short-term.

Building on that success, scientists looked into other ways Magtein could impact cognitive ability.⁵ They found that this novel treatment helped lab rats process fear memories without fear and anxiety reactions—which means that Magtein might also be able to help people suffering from anxiety disorders including PTSD (post-traumatic stress disorder) and phobias.

Then in 2013, the scientists brought Alzheimer's disease directly into their research. In this study⁶, they really saw the incredible brain-restoring power of Magtein. Not only did the compound prevent further cognitive impairment in mice with early stage Alzheimer's disease and remain effective for at least 16 months, it also significantly improved memory and cognition in mice with the advanced stage of the disease.

That's right: Magtein works as a long-term treatment for early stage Alzheimer's disease and as a way to reverse cognitive decline in advanced stages. If there was a pharmaceutical drug that could do even a fraction of that, doctors would be prescribing it by the millions.

And Magtein is just the first ingredient in Brain Awakening.

Grow fresh, new brain cells at any age and reverse cognitive decline

Magtein can do a lot to protect and preserve your brain cells—but what it

doesn't seem to do is help your body create new ones.

That's where the second ingredient in Brain Awakening takes over.

Lion's Mane, an ancient staple of traditional Chinese medicine, restarts fresh, new brain cell production.

This odd looking mushroom—it looks like a cheerleader's white pom-pom—is proven to stimulate a crucial protein called NGF (nerve growth factor). NGF is exactly what you need to create brain cells, and reboot brain power. And it doesn't just work in theory...

A pilot study⁷ with Lion's Mane and elderly patients (100 in total, 7 with diagnosed dementia) showed unmatched success in overcoming severe cognitive impairment. All seven of the dementia patients showed improvement on a standard scale for everyday activities (eating, getting dressed, walking around by themselves)—a 100% success rate. Plus, six of the seven also demonstrated clearly improved cognitive powers: better memory, understanding, and communication.

And a second study⁸ (placebo controlled) demonstrated noticeable real-world improvement for patients with mild cognitive impairment taking Lion's Mane. After 16 weeks, patients taking Lion's Mane improved by at least three points on a 30-point scale, an enormous jump. Plus, another 21% of the Lion's Mane group had a two-point increase. In fact, only one of the patients taking Lion's Mane saw no change... compared to 87% with no change in the placebo group.

With these two powerful ingredients, your brain cells can flourish, restoring all the most important cognitive functions. And what those fresh, healthy brain cells need now is bullet-proof protection.

This unusual antioxidant offers ongoing brain cell protection

In Ayurvedic tradition, amla (also called Indian gooseberry) has pro-

tected people from disease for more than 3,000 years. In fact, it's one of Ayurveda's original medicines, and its ability to promote healthy longevity has kept it a staple for all this time.

Back in 1936, researchers first realized that amla was a potent antioxidant⁹... but they wouldn't learn just how special it was for years.

Antioxidants work by stabilizing free radicals, neutralizing these damaging compounds by giving up their own electrons. And for the typical antioxidant, that's a one-act show.

Amla, though, has the unique ability to keep going. This cascading antioxidant can donate electrons to stabilize a free radical, then change its own structure so that it can keep giving up more electrons and neutralize more harmful compounds.

And with that level of ongoing protection in place, the new brain cells created courtesy of Lion's Mane have their best chance to survive and thrive. Even better, amla stabilizes those free radicals at such an efficient pace that it increases the positive impact of Magtein. The three together offer everything you need to protect your brain... and even reverse existing cognitive decline.

Reverse and prevent cognitive decline with Brain Awakening

With Brain Awakening, you can get back what you've lost. Your cognitive function—all pieces, not just memory—can improve, damage can be reversed, and fresh new brain cells can bring on a quantum leap in your brainpower.

The manufacturer recommends taking four capsules daily, two in the morning and two at bedtime.

You can expect to see noticeable results in four to twelve weeks (cases of more severe decline may take longer to show improvement), though some people report feeling a difference very quickly.

You can find ordering information for Brain Awakening in your Member Source Directory on page 8. **HSI**

- Blood thickens and becomes stickier
- Microcapillaries sustain damage from jagged and misshapen blood cells, diminishing blood flow
- Your spleen removes old damaged blood cells from circulation more slowly, so new healthy cells aren't called for at a healthy pace

The combined effect of poor circulation and old, sticky blood sets off dozens of symptoms, including debilitating fatigue, fuzzy thinking, frequent infections, and a disappearing sex drive... symptoms your doctor may just chalk up to "normal aging." Plus, your risk of more serious consequences grows daily...

Unless you turn things around by restoring youthful blood and circulation right away with Vital Cell.

"Living younger and healthier is even more important than living longer"

Turning back your cellular clock involves more than just revitalized blood cells. And according to Dr. Michael Fossel, a leading expert on the biology of aging, an enzyme called telomerase could be the key to eternal youth.

In fact, Dr. Fossel believes that activating telomerase—which in turn resets telomeres, the cell "clocks" that determine their lifespan—could help us live longer and younger at the same time.

Telomeres are sort of like caps on your cells, protecting your chromosomes by preventing damage during standard cell division. But every time any cell divides, its telomeres get slightly shorter—finally getting so short that the cell can't divide normally anymore. Telomerase helps protect the length of those telomeres—possibly even making them longer again—and helps stabilize and repair DNA so healthy cell division can continue on.

Resetting telomeres near the end of cell lives could help rejuvenate tissues, even prevent some age-related or degenerative diseases.

In effect, old cells by the calendar transform back into young cells in the body. In theory, according to Dr. Fossel, "this re-lengthening can prevent and reverse aging, even turn back the

disease process. And living younger and healthier is even more important than living longer."

And Vital Cell contains a very powerful Chinese herb, astragalus, that contains the only natural compound that's been proven^{1,2} to activate telomerase, along with its other age-defying powers.

Lipofuscin, the "aging pigment," meets its match

It's a prime hallmark of aging, yellowish-brown pigment granules that get left over when damaged blood cells are broken down and absorbed by muscle tissue... including the tissue in your heart.

Lipofuscin, also known as the "aging pigment," accumulates faster as you get older, and shines a light on the wear and tear your body has endured.³ In fact, scientists can use this marker to estimate the remaining lifespan of cells.

While it doesn't seem to actively damage your tissues, lipofuscin does seem to prevent cell renewal and increase oxidative stress. Some researchers believe it can have a direct negative impact on your vision.⁴ And other scientists believe it plays a key role in making muscle and brain cells age.

That's why it's critical to keep lipofuscin from building up... and Vital Cell is the best way to keep that accumulation from taking over.

Time-reversing herbal formula restores "factory settings"

Dr. Yan originally created Vital Cell as a blood revitalizer, to rejuvenate circulation and combat age-related disease. Now we know Vital Cell can do even more to restore youth and vitality.

Vital Cell contains ten powerful Chinese herbs, all used to restore youthful health and energy, with a focus on improved circulation.

Four of the medicinal herbs in the formula directly impact blood flow and circulation:

- San-qi ginseng root
- Dong quai root
- Safflower flower
- Red-rooted sage root

To those Dr. Yan added three potent "tonic" herbs, also called adaptogens, to balance and strengthen all the systems of the body:

- Astragalus root
- Lycium fruit
- Codonopsis root

And to round out the formula and make it suitable for long-term daily use, Dr. Yan added three digestive herbs:

- Atractylodes root
- Southern tangshu root
- Licorice root

Modern science is just beginning to hint at Vital Cell's full time-reversing potential, and its impact on the future of aging. But one thing is already certain. When you take Vital Cell, you'll find yourself brimming with good health, and feeling and looking younger by the day.

Signs of aging and symptoms of illness disappear

Dr. Yan's team recruited 150 older adult patients (some of whom had suffered from significant illnesses) for a one-month clinical trial to see just what Vital Cell could really do.

The results were stunning:

- chest pains disappeared in 104 out of 106 patients
- heart palpitations stopped in 82 out of 86 patients
- dizziness disappeared in 59 of 69 patients
- 30 out of 32 patients no longer showed any sign of edema (swelling of the legs and feet)
- coughing resolved in 34 of 36 patients
- 42 out of 46 patients got their appetites back
- shortness of breath got substantially better in 35 out of 42 patients
- 35 of 48 patients no longer suffered from insomnia

Clinical tests also indicated increased microcirculation, balanced plasma protein levels, and stronger immunity in all of the subjects after they took Vital Cell. The researchers clearly saw that Vital

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Blood pressure drops 11 points in just 30 days... and it gets even better

To make sure this blood pressure lowering tea—HyperBal—did everything it was meant to, its manufacturers put it to the test against 12 adults with hypertension.

All of the subjects started out with readings higher than 140/90, with a group average of 149/94. Then for 60 days, they each drank three cups of HyperBal every day... but didn't change anything else.

After just 30 days drinking HyperBal tea, their average blood pressure reading dropped to 138/89.

And by day 60, the group average had decreased dramatically, to a much healthier 130/85.

Along with those very positive results, subjects reported more stable blood sugar levels, fewer headaches, less sweating, and an average weight loss of more than two pounds... but no negative side effects.

In fact, HyperBal tea helped them feel healthier overall.

Healing herbs dramatically—and safely—lower your blood pressure

It's clear that HyperBal dramatically improves blood pressure.

The healing power comes from carefully selected cardio-protective herbs, set in a base of green tea—which has time and again been proven to have an overwhelmingly positive impact on blood pressure and cardiovascular health.

Added to curative green tea are seven blood pressure lowering herbs:

- Olive leaf
- Passionflower
- Linden
- Sage
- Lemon verbena
- Lemon grass
- Stevia

Together, these traditional herbs protect you from deadly cardiovascular disease—including heart attack and stroke—by keeping your blood pressure right where it belongs.

Natural ACE inhibitor tackles blood pressure without harmful side effects

Green tea brings more health benefits than we have room to talk about here, but its impact on blood pressure and cardiovascular health come in at the top of the list. It's been studied extensively, consistently proving its "miracle cure" status.

Some of its cardioprotective effects come from its natural ability to work as a gentle ACE inhibitor—doing what the drugs do without causing harmful side effects. In fact, one small human study⁴ found that one dose of approximately 1 $\frac{3}{4}$ cups of green tea inhibited ACE (angiotensin converting enzyme) in just 30 minutes.

Another study⁵ found that people who drank $\frac{1}{2}$ to 2 $\frac{1}{2}$ cups of green tea daily (over a ten-year period) reduced their risk of developing hypertension by 46%. And people who typically drank 2 $\frac{1}{2}$ cups or more of green tea daily lowered their risk by a whopping 65%.

And we only recently learned the results from a long term (13 years), very large (more than 82,000 participants) study⁶ conducted in Japan. The researchers learned that drinking 2 to 3 cups of green tea per day lowered the risk of stroke by 14%, and drinking at least 4 cups per day decreased the risk by 20%. What's more, they found that people who drank at least 2 cups of green tea daily lowered their risk of intracerebral hemorrhage—blood leaking into the brain due to a burst blood vessel, often resulting in death—by 23%.

Those stunning results bolster what we already know green tea can do for you...

- Prevent atherosclerosis and coronary heart disease⁷
- Reverse endothelial dysfunction (problems with the lining of your blood vessels which keeps them from working properly) and slow the progression of existing atherosclerosis⁸
- Significantly lower your risk of stroke while improving blood pressure and cholesterol levels⁹

- Reduce blood pressure, inflammation markers, and oxidative stress in patients suffering from hypertension and obesity¹⁰

And while green tea alone can have a stunning impact on your blood pressure (and so much more), it works even harder when combined with synergistic healing herbs.

Mediterranean herb holds its own against pharmaceuticals

Let's jump right in: Olive leaf went head to head against captopril (a frequently prescribed ACE inhibitor) and held its own.

In a groundbreaking study¹¹, researchers gave more than 200 patients with stage-1 hypertension either olive leaf extract or captopril for eight weeks. By the end of the trial period, both groups saw a substantial reduction in both systolic and diastolic blood pressure—and the researchers reported there was no significant difference in the results. Except for this: the patients in the olive leaf group also had significantly lower triglyceride levels at the end of the study, but the drug group didn't.

And a really interesting study examined the impact of olive leaf extract in identical twins with high blood pressure¹². One of the twins in each of the 20 pairs took olive leaf extract daily, while the other got lifestyle counseling. And at the end of the 8-week study period, the twins taking olive leaf extract saw a 13 point drop in systolic blood pressure and a 5 point reduction in diastolic pressure... while the lifestyle group saw a slight average increase overall.

Six healing herbs help you win the fight against hypertension

Along with "miracle cure" green tea and olive leaf, the HyperBal formula contains six more healing herbs to help you bring your blood pressure under control, and relax while you're doing it.

Stevia, best known for its sweetness, has been shown in two long-term studies to help keep blood pressure under control in patients with hypertension.^{13,14}

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Look, feel, and be younger

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Cell offers unparalleled benefits for older patients, even when they're suffering from serious illnesses like coronary heart disease and chronic bronchitis.

Physicians see the miraculous restorative powers of Vital Cell

The results are overwhelmingly positive, long-lasting, and even curative for some of the toughest age-related conditions. Doctors report miraculous improvements, seeing more success stories than we could possibly fit here.

There have been reports of astonishing positive results in patients diagnosed with severe conditions such as:

- coronary artery disease

- angina
- arrhythmia
- diabetes
- chronic fatigue syndrome
- migraines
- chronic back pain
- fibromyalgia
- arthritis
- restless leg syndrome

But those cases pale in comparison to the number of people who feel younger, stronger, and more vital.

Live younger and healthier with Vital Cell

Vital Cell gives you the three keys to

unlock timeless youth. With younger cells, rejuvenated blood and circulation, and prime markers of aging reverse, you'll not only feel younger—you'll be younger.

The manufacturer recommends taking 3 capsules, 2 times daily. If you are taking any medications, it's best to take Vital Cell at least two hours away from that medication.

A word of caution: If you are taking other blood-thinning measures such as aspirin or Plavix, consult your doctor before trying Vital Cell.

You can find ordering information for Vital Cell in your Member Source Directory below. **HSI**

Lower your blood pressure without risking your life

(continued from page 7)

Passionflower relieves anxiety (as well as the drug oxazepam in patients with generalized anxiety disorder¹⁵), which often increases blood pressure, and has very recently been shown to have blood pressure-lowering effects in hypertensive lab rats.¹⁶

Linden traditionally calms the central nervous system, relaxing the blood vessels, which helps keep blood pressure levels from climbing.

Sage is historically used to improve heart health, and has also been shown to soothe anxiety.¹⁷

Lemon verbena is believed to improve blood circulation, and is used by herbalists to help relieve stress.

Lemon grass adds a soothing fragrance and a calming effect on the nervous system that helps keep blood pressure in check.

Simply sipping this tasty tea every day can help you get your blood pressure under control.

Lower your blood pressure quickly and safely with HyperBal tea

Drinking HyperBal tea can reduce your blood pressure and help you get hypertension under control, protecting you against deadly heart attacks and strokes.

The manufacturer recommends drinking three cups of HyperBal tea daily.

If you're taking prescription drugs to lower your blood pressure, talk with your doctor before trying this tea.

You can find ordering information for HyperBal tea in your Member Source Directory below. **HSI**

MEMBER SOURCE DIRECTORY

Vital Cell, Tango Advanced Nutrition, PH: (866)778-2646; www.puretango.com. Vital Cell costs US\$39.95 for a 180-count bottle. HSI members will receive an exclusive 10% discount. Simply use coupon code VITAL3 when you order.

Brain Awakening™, Redd Remedies, PH (888) 453-5058; www.reddremedies.com. One 120-capsule bottle of Brain Awakening costs US\$58.99. HSI member discount of 20% off full range of Redd Remedies products on orders of \$50.00 or more (after discount). Simply use discount code HSIBA20 through March 31, 2014. For ordering information outside the U.S. please e-mail orders@reddremedies.com.

HyperBal, Galilee Tisanes, Ph: (888)414-5833; www.GalileeTisanes.com. HyperBal costs \$28.99 for a box of 100 tea bags. HSI members are entitled to free shipping and exclusive savings when ordering two or more boxes. Simply mention HSI when you order.

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